

PRE-SCHOOL SWIM LESSONS

Contact: Greenbelt Aquatic and Fitness Center, 301-397-2204

Prices for the following classes are
PH: \$43 RNPH: \$48 NRNPH: \$54

AQUA TOTS I Ages 6 months-2 years

Children must be accompanied into the water by an adult dressed in a bathing suit prepared to participate in class. Only one adult per child will be permitted to participate per class. Accompanying adults will learn techniques to help children adjust to the water and be introduced to simple skills. Children who wear diapers are required to wear a swim diaper underneath a bathing suit.

121116-B Sa 9:45am-10:15am 8 mtgs: 1/4 - 2/22

AQUA TOTS II

Ages 2-4

Children must be accompanied into the water by an adult dressed in a bathing suit prepared to participate in class. Only one adult per child will be permitted to participate per class. Accompanying adults will learn techniques to help children adjust to the water and begin to master simple skills. Children who wear diapers are required to wear a swim diaper underneath a bathing suit.

121117-A Sa 9:00am-9:30am 8 mtgs: 1/4 - 2/22

BEGINNER I, PRESCHOOL

Ages 3-5

Become comfortable in the water. The preschool program is designed for young children who have not yet finished kindergarten but are able to perform independently; parent participation is not permitted. Students will learn to be comfortable in shallow and deep water and practice floating techniques. Proper leg and arm movements for strokes will be introduced.

121118-C Sa 10:30am-11:00am 8 mtgs: 1/4 - 2/22

121118-D Sa 11:15am-11:45am 8 mtgs: 1/4 - 2/22

SWIM LESSONS

Contact: Greenbelt Aquatic and Fitness Center, 301-397-2204

Prices for all Youth Swim Lessons:
PH: \$43 RNPH: \$48 NRNPH: \$54

BEGINNER I

Ages 5-10

Become comfortable in the water. Students will learn to be comfortable in shallow and deep water and practice floating techniques. Proper leg and arm movements for strokes will be introduced.

8 mtgs: 1/10 - 2/28

131120-A Sa 9:00am-9:30am/GAFC

131120-B Sa 9:45am-10:15am/GAFC

131120-C Sa 10:30am-11:00am/GAFC

131120-D Sa 11:15am-11:45am/GAFC

BEGINNER II

Ages 5-12

Learn basic swimming skills. Class will be held in water over swimmers' heads. Students will learn proper body position and arm movements for front crawl, elementary backstroke and breaststroke. Back crawl, treading water, and breathing techniques will be introduced. Prerequisites: assisted float on front and back in deep water, streamline glide from wall on front and back, and object retrieval from bottom of pool with head submerged.

8 mtgs: 1/10 - 2/28

131121-A Sa 9:00am-9:30am/GAFC

131121-B Sa 9:45am-10:15am/GAFC

131121-C Sa 10:30am-11:00am/GAFC

131121-D Sa 11:15am-11:45am/GAFC

BEGINNER III

Ages 5-15

Improve basic swimming skills. Students will learn rhythmic breathing, proper kick for elementary backstroke and breaststroke, and treading water. Scissor kick and dolphin kick will be introduced. Prerequisites: 10 yards front crawl, 10 yards basic elementary backstroke, 5 yards basic breaststroke.

8 mtgs: 1/10 - 2/28

131122-B Sa 9:45am-10:15am/GAFC

131122-C Sa 10:30am-11:00am/GAFC

ADVANCED BEGINNER

Ages 5-15

Transition from basic swimming to more advanced swimming skills. Students will learn basic dives and improve front crawl, back crawl, elementary backstroke and breaststroke. Sidestroke, butterfly, and underwater swimming will be introduced. Prerequisites: 15 yards front crawl, 15 yards back crawl, 15 yards elementary backstroke, 10 yards breaststroke and 30 seconds treading water.

8 mtgs: 1/10 - 2/28

131123-A Sa 9:00am-9:30am/GAFC

131123-D Sa 11:15am-11:45am/GAFC

INTERMEDIATE

Ages 5-15

Learn distance swimming skills. Students will swim full lengths of the pool to improve front crawl, back crawl, breaststroke, sidestroke, and butterfly, and retrieve objects from the deep end. Flip turns and long shallow dives will be introduced. Prerequisites: 25 yards front crawl, 25 yards back crawl, 25 yards elementary backstroke, 15 yards breaststroke, and 1 minute treading water.

8 mtgs: 1/10 - 2/28

131124-B Sa 9:45am-10:15am/GAFC

131124-D Sa 11:15am-11:45am/GAFC

SWIMMER

Ages 5-15

Build swimming endurance. Students will refine front crawl, back crawl, breaststroke, elementary backstroke,

sidestroke, and butterfly. Prerequisites: 50 yards front crawl, 50 yards back crawl, 25 yards breaststroke, 25 yards sidestroke, 10 yards butterfly, and 2 minutes treading water.

8 mtgs: 1/10 - 2/28

131125-A Sa 9:00am-9:30am/GAFC

131125-C Sa 10:30am-11:00am/GAFC

SWIM LESSONS

Contact: Greenbelt Aquatic and Fitness Center, 301-397-2204

Prices for Homeschool Swim Lessons:
PH: \$51 RNPH: \$57 NRNPH: \$64

BEG.I, HOMESCHOOL 131134-A Ages 4-15

This program is designed for children who are homeschooled - Beginner I swimming level.

F 11:15am-12:00pm/GAFC

8 mtgs: 1/9 - 2/27

BEG.II & BEG.III, HOMESCHOOL 131135-B Ages 5-15

This program is designed for children who are homeschooled - Beginner II and Beginner III swimming levels.

F 12:15pm-1:00pm/GAFC

8 mtgs: 1/9 - 2/27

ADV.BEG.,INT.&SWM., HOMESCHOOL 131136-C Ages 6-15

This program is designed for children who are homeschooled - Advanced Beginer, Intermediate, and Swimmer swimming levels.

F 1:15pm-2:00pm/GAFC

8 mtgs: 1/9 - 2/27

AQUATIC EXERCISE

Contact: Greenbelt Aquatic and Fitness Center 301-397-2204

PH: Passholder, RNPH: Resident, non Passholder, NRNPH: Non-Resident, nonPassholder

DEEP WATER AEROBICS Ages 16+

A non-impact class designed to improve cardiovascular endurance. The class uses a variety of water movements to increase tone and definition of upper and lower body. Participants can use a floatation belt.

151170-1A M/W 7:00pm-7:45pm/GAFC

8 mtgs: 12/29 - 1/28 (No class 12/31, 1/19)

PH: \$36 RNPH: \$41 NRNPH: \$46

151170-1B Tu/Th 6:00pm-6:45pm/GAFC

9 mtgs: 12/30 - 1/29 (No class 1/1)

PH: \$40 RNPH: \$45 NRNPH: \$50

151170-2A M/W 7:00pm-7:45pm/GAFC

7 mtgs: 2/2 - 2/25 (No class 2/16)

PH: \$32 RNPH: \$37 NRNPH: \$42

151170-2B Tu/Th 6:00pm-6:45pm/GAFC

8 mtgs: 2/3 - 2/26

PH: \$36 RNPH: \$41 NRNPH: \$46

151170-A M/W 1:00pm-1:45pm/GAFC

9 mtgs: 12/29 - 1/30 (No class 1/19)

PH: \$60 RNPH: \$65 NRNPH: \$70

151170-B M/W/F 1:00pm-1:45pm/GAFC

11 mtgs: 2/2 - 2/27 (No class 2/16)

PH: \$48 RNPH: \$53 NRNPH: \$58

AQUACIZE Ages 16+

Emphasizes aerobics, stretching and toning exercises for the swimmer and non-swimmer. Aquacize is designed to condition the heart and lungs and to improve muscle tone while burning calories. Muscle conditioning, use of bottles and spa bells are included in the class.

151171-1A M/W/F 8:00am-8:45am/GAFC

11 mtgs: 12/29 - 1/23 (No class 1/19)

PH: \$60 RNPH: \$65 NRNPH: \$70

151171-1B M/W/F 10:00am-10:45am/GAFC

15 mtgs: 12/29 - 1/30

PH: \$60 RNPH: \$65 NRNPH: \$70

151171-1D Tu/Th 7:45am-8:30am/GAFC

9 mtgs: 12/30 - 1/29 (No class 1/1)

PH: \$40 RNPH: \$45 NRNPH: \$50

151171-1E Tu/Th 6:00pm-6:45pm/GAFC

9 mtgs: 12/30 - 1/29 (No class 1/1)

PH: \$40 RNPH: \$45 NRNPH: \$50

151171-2A M/W/F 8:00am-8:45am/GAFC

11 mtgs: 2/2 - 2/27 (No class 2/16)

PH: \$48 RNPH: \$53 NRNPH: \$58

151171-2B M/W/F 10:00am-10:45am/GAFC

11 mtgs: 2/2 - 2/27 (No class 2/16)

PH: \$48 RNPH: \$53 NRNPH: \$58

151171-2D Tu/Th 7:45am-8:30am/GAFC

8 mtgs: 2/3 - 2/26

PH: \$36 RNPH: \$41 NRNPH: \$46

151171-2E Tu/Th 6:00pm-6:45pm/GAFC

8 mtgs: 2/3 - 2/26

PH: \$36 RNPH: \$41 NRNPH: \$46

AQUA ZUMBA Ages 16+

Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

GAFC classes

151172-A1 M/W 6:00pm-6:45pm/GAFC
8 mtgs: 12/29 - 1/28 (No class 12/31, 1/19)
PH: \$36 RNPH: \$41 NRNPH: \$46

151172-A2 M/W 6:00pm-6:45pm/GAFC
7 mtgs: 2/2 - 2/25 (No class 2/16)
PH: \$32 RNPH: \$37 NRNPH: \$42

BEGINNER SWIM LESSONS Ages 16+
"Learning the Basics" - Learn skills and concepts needed to stay safe in and around water while gaining basic aquatic skills and swimming strokes.

151192-1B Tu/Th 8:00pm-8:45pm/GAFC
8 mtgs: 1/6 - 1/29

PH: \$47 RNPH: \$52 NRNPH: \$59

151192-2A Tu/Th 7:00pm-7:45pm/GAFC

8 mtgs: 2/10 - 3/5

PH: \$47 RNPH: \$52 NRNPH: \$59

INTERMEDIATE SWIM LESSON Ages 16+

"Improving Skills and Swimming Strokes" - Learn skills and concepts needed to stay safe in and around water while improving proficiency in basic aquatic skills and the six basic swimming strokes. Prerequisites: Participants must be comfortable in chest-deep water, able to put their face in the water, and able to perform strokes that can be recognized as front crawl, breaststroke, and back crawl, each for 15 yards.

151194-1A Tu/Th 7:15pm-8:00pm/GAFC

8 mtgs: 1/6 - 1/29

PH: \$47 RNPH: \$52 NRNPH: \$59

151194-2B Tu/Th 8:00pm-8:45pm/GAFC

8 mtgs: 2/10 - 3/5

PH: \$47

RNPH: \$52

NRNPH: \$59

GREENBELT AQUATIC AND FITNESS CENTER REGISTRATION DATES

Register in person at the Greenbelt Aquatic & Fitness Center, or online by following link at www.greenbeltmd.gov/recreation on the dates noted below. Online registration permitted for Water Exercise Classes only. Please do not pre-write checks. Class rates do not include use of fitness wing or pools before or after class times.

Children's Saturday Swim Lesson Dates:
January 4 - February 22

Children's Home School Lesson Dates:
January 3 - February 21

Swim Evaluation: December 14

Passholders & Residents register:
December 16 & 17

Open Registration: December 18 until filled

Water Exercise Class Dates:

Session I: December 30 - January 24

Session II: February 3 - February 28

Adult Swim Lesson Dates:

Session I: January 7 - 30

Session II: February 11 - March 6

Swimmer Workouts

Session I: January 6 - February 3

Session II: February 10 - March 10

Passholders & Residents register: December 2 & 3

Open Registration: December 4 until filled